



SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road, Austin, Texas 78704
512-448-0787 Monday-Friday 8a-5p



JANUARY 2014



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-974-3914.



The South Austin Senior Activity Center (SASAC) is located at 3911 Manchaca Road, just north of Ben White Blvd. SASAC's hours are Monday through Friday from 8a to 5p, with special evening and weekend rentals. Some of the many services we provide include: gardening, games, arts and crafts, health and fitness, group socials, excursions, organizational meetings and private rentals. Friendly staff and volunteers are happy to answer any questions and to guide interested parties through the registration process. A calendar year donation (January-December) of \$10 is appreciated, and an additional \$10 is required if you would like a newsletter mailed to your home. Donations go to the SASAC Advisory Board, directly enhancing the center's offerings. A SASAC Volunteer is available at the front desk to collect donations and newsletter payment Monday through Friday from 9a to 1p, or you may register and pay by mail. We thank you for your support and look forward to seeing you here soon.

www.austintexas.gov/departments/south-austin-senior-activity-center

 Austin Parks and Recreation Department - Seniors

2014 registration has begun!



HOLIDAY CLOSURES:

January 1st in observance of
New Year's Day

January 20th in observance of
Martin Luther King Jr. Day.



AARP TAX AIDE

Tuesdays in February
8:30a-4p
More information to come!

SPECIAL PROGRAMS AND EVENTS

SASAC'S HOLIDAY BREAKFAST IS



RESCHEDULED TO JANUARY 2ND 8:30A



Stroke Awareness: Risk Factors

Monday, January 13th 10-11a

Learn which risk factors can be changed, treated or controlled.
Advance Registration Required - **FREE**

January Birthday Celebration

Thursday, January 30th 12p

Enjoy a slice of cake with ice cream in celebration of SASAC participants who have a birthday this month.

COMMUNITY GARDEN OF EATIN'

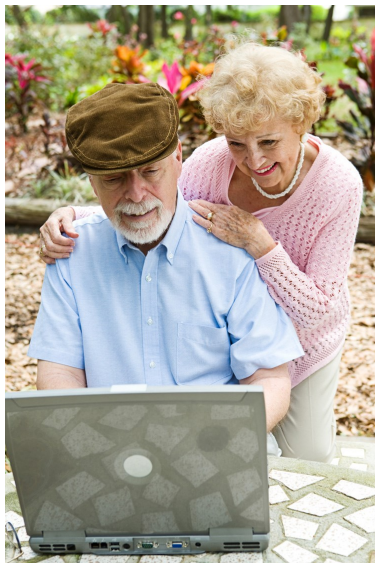
Weekly Meetings



This year SASAC's volunteers have grown our largest garden and harvested more food than ever. We are currently preparing for spring in our new greenhouse. Whether you have a green thumb to lend or want to develop one, come join us.

Every Monday at 10a

TECHKNOWLOGY CLASS



Having trouble operating your computer, tablet, or smart phone? Have a general curiosity for current technology? Ray Ellis, Bill Williams, and West Baxter are here to help you connect.

**Wednesday, January 15th
9-11a Game Room FREE**

PUBLIC MEETINGS

TRAVIS COUNTY DEAF ASSOCIATION

Wednesday, January 8th
1-4p

SASAC ADVISORY BOARD MEETING

Wednesday, January 8th
12p

SOUTH AUSTIN AARP #2426

Wednesday, January 15th
1-4p

NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES

Thursday, January 16th
10a-1p

AARP Smart Driver Thursday, January 30th 12:30-4:30p

This class is designed for the mature driver & it **will not dismiss traffic violations.**

:: For insurance discount only ::

Fee: \$15 for AARP Members
\$20 for Non-AARP Members

**Sign-up in advance
at the front desk.**

**Payment due on
the day of class:
CHECKS ONLY
payable to AARP**

CARD GAMES

Beginning Bridge

Fridays 9-11a
FREE

Free Play & Progressive Bridge

Mondays, Wednesdays and Fridays
11:30a-1p—Free Play
1-3p—Progressive Bridge
FREE

Advanced Free Play

Monday 11a-2p
Thursdays 9-11:30a
This group focuses on:

- Competitive Bidding
- Chicago Style Scoring
- Duplicate Practice
- Peer Coaching

FREE

Gentle Duplicate Bridge

Tuesdays 12:30-3:30p
Led by Larry Davis, Club Manager
\$5.00

Hand and Foot Canasta

Thursday, January 9th, 23rd & 30th 12-4p
A challenging game that's good for the brain.
Friendly social group willing to teach you how to play.

Contact Cathy: (512) 282-8320
FREE

Pinochle

Tuesdays & Thursdays 8a-2p
FREE

FITNESS CLASSES

YOGA

Mondays, Wednesdays

and Fridays 9-10a

***No class on Monday**

January 20th*

Increase your strength and balance while gaining flexibility. Feel better physically & spiritually.

Instructor: Charlie Pivert

Fee: \$10 drop-in class

\$25 for 3 classes

SENIORCIZE

Wednesdays 10:30-11a

Join Kade for a workout geared towards adults 50 and older.

Seniorcize is a great way to stay active and get back into shape.

Instructor: Kade Green

FREE



5K WALKING CLUB

Will resume in the spring!

Challenge yourself to finish a 5k!

Instructor: Sandy Heath

FREE

SENIOR HEALTH AND FITNESS

Tuesdays 9-10a

Thursdays 8:30-9:30a

Total body cardiovascular workout taught in a FUN class format.

Four sets of activities (15 minutes each).

Instructed by video tape

FREE



TAI CHI

Next Session

Tuesdays: January 7th-February 25th

Fridays: January 10th-February 28th
10-11a

T'ai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is also very safe and practiced slowly; it is zero impact.

Instructor: Kade Green, Sifu

Fee: 6 Sessions \$30.00 (Tuesdays only)

\$30.00 (Fridays only)

\$50.00 (Tues & Fri)

Drop-in: \$5

DANCE CLASSES

BEGINNER LINE DANCE

Mondays 1-2p

Socialize & learn the basic steps to fun line dances.

Instructor: Joan Cox

(512-288-4135)

FREE

ADVANCED BEGINNER LINE DANCE

Mondays 2-3:30p

Scoot your boots for a healthy body and mind. Have fun, make friends, and learn a variety of dances.

Instructor: Joan Cox

(512-288-4135)

FREE

INTERMEDIATE LINE DANCE

Thursdays 1:30-3p

This is a great way to exercise your body and your brain while having fun! We have all levels of dancers in the class and practice all levels of dance including: beginner, intermediate, and advanced. Give it a try!

Instructor: Joleen Tucker

FREE

**BE SURE TO CHECK OUT
OUR NEW**

TREADMILL AND ELLIPTICAL TRAINER

IF YOU NEED ASSISTANCE USING THE
EQUIPMENT, SASAC STAFF IS AVAILABLE
TO ANSWER QUESTIONS.

COUNTRY WESTERN DANCE

Fridays 1:15-2:15p

Where better than Texas to learn Western dancing like the two-step and the waltz? Throw in a little cotton-eyed Joe, polka and you have the makings of a fun-filled class! Learn moves that you can put on any dance floor. No partner? No problem!

Instructor: Domingo Herrera

FREE

ROCKING CHAIRESSES

Thursdays 9:30-11a

Rocking Chairesses is a line dance group that performs at various locations around Austin and has been honored with several awards.

JANUARY 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<div>1</div>  <div>Closed for New Year's Day</div>	<div>2</div> <p>*Holiday Breakfast 8:30* Oil Painting 8-4 Advance Bridge 9-11:30 Honey Bee Quilters 9-2 Int Line Dancing 1:30-3</p>	<div>3</div> <p>Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Free Play Bridge 11:30-1 Mahjong 12:30-3 Progressive Bridge 1-3</p>
<div>6</div> <p>Yoga 9-10 Community Garden 10-11 Chess Play 10-12 Leona's Bridge 10-3 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30</p>	<div>7</div> <p>Pinochle 8-12 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Intro to Spanish 12:30-2</p>	<div>8</div> <p>Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Painters 1-3:30 Deaf Association 1-4 Readin, Ritin, Recitin 2-3</p>	<div>9</div> <p>Pinochle 8-12 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advance Bridge 9-11:30 Rocking Chairettes 9:30-11 Hand and Foot Canasta 12-4 Int Line Dancing 1:30-3</p>	<div>10</div> <p>Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Free Play Bridge 11:30-1 Mahjong 12:30-3 Progressive Bridge 1-3 Country Western Dance 1</p>
<div>13</div> <p>Yoga 9-10 Community Garden 10-11 *Stroke Awareness 10-11* Chess Play 10-12 Leona's Bridge 10-3 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30</p>	<div>14</div> <p>Pinochle 8-12 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Blood Pressure 10-11 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Intro to Spanish 12:30-2</p>	<div>15</div> <p>Yoga 9-10 Ceramics 9-11 Techknowledge Class 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Painters 1-3:30 AARP 1-4</p>	<div>16</div> <p>Pinochle 8-12 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advance Bridge 9-11:30 Pinochle 8-2 Honey Bee Quilters 9-2 Rocking Chairettes 9:30-11 NARFE 10-1 Int Line Dancing 1:30-3</p>	<div>17</div> <p>Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Free Play Bridge 11:30-1 Mahjong 12:30-3 Progressive Bridge 1-3 Country Western Dance 1</p>
<div>20</div>  <div>Closed for Martin Luther King, Jr Day</div>	<div>21</div> <p>Pinochle 8-12 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Intro to Spanish 12:30-2</p>	<div>22</div> <p>Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Readin, Ritin, Recitin 2-3</p>	<div>23</div> <p>Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advance Bridge 9-11:30 Pinochle 8-2 Rocking Chairettes 9:30-11 Hand and Foot Canasta 12-4 Int Line Dancing 1:30-3</p>	<div>24</div> <p>Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Mahjong 12:30-3 Progressive Bridge 1-3 Country Western Dance 1</p>
<div>27</div> <p>Yoga 9-10 Community Garden 10-11 Chess Play 10-12 Leona's Bridge 10-3 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30</p>	<div>28</div> <p>Pinochle 8-12 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Intro to Spanish 12:30-2</p>	<div>29</div> <p>Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Readin, Ritin, Recitin 2-3</p>	<div>30</div> <p>Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advance Bridge 9-11:30 Pinochle 8-2 Rocking Chairettes 9:30-11 Birthday Party 12 *AARP Smart Driver 12:30-4:30* Int Line Dancing 1:30-3</p>	<div>31</div> <p>Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Mahjong 12:30-3 Progressive Bridge 1-3 Country Western Dance 1</p>

In an effort to become more environmentally conscious, SASAC participants can pick up only one free newsletter per month. Any additional copies will cost .50 cents. There will be a bound copy at the front desk for viewing while in the facility. Thank you for understanding and for complying with the City of Austin's vision of being "green."

***Requires
advance
registration***

TRIPS

**Lottery registration opens
January 2nd at 8:30a
and closes January 9th at 5p.
Lottery results will be available
January 10th at 12p.**

You may sign up one other person in addition to yourself by calling or by stopping by the center. You may contact the center anytime after January 10th at 12p to find out if you were selected for a trip.
All trips are subject to change due to weather, PARD director approval, and registration numbers.



**Blanton Museum (Austin, Texas)
Thursday, January 23rd**

Explore your artistic side at the Blanton Art Museum! Afterwards enjoy a delightful lunch at the Bob Bullock Texas State History Museum Café.

**Departure Time: 10a
Returning: 3p
Cost: \$2
Extra Expense: Purchase of lunch
Trip Limits: 21
Activity Level: Moderate**



**Texas Stars Hockey (Cedar Park, Texas)
Wednesday, January 29th**

Let the elbows and the ice chips fly! Celebrating their fifth year in 2014, the Texas Stars face off with the San Antonio Rampage at the Cedar Park Center.

**Department Time: 6p
Returning: 11p
Cost: \$18 (includes soft drink and hotdog)
Trip Limit: 21
Activity Level: High**

TRIPS



**Elisabet Ney Museum (Austin, Texas)
Friday, February 7th**

Tour the former studio and portrait collection of Elisabet Ney, a German-born sculptor and pioneer of Texas arts. Afterwards we will have lunch at Pint House Pizza.

**Department Time: 10:30a
Returning: 3p
Cost: Free
Extra Expense: Purchase of lunch
Trip Limit: 21
Activity Level: Moderate**



**Blazer Tag (Austin, Texas)
Wednesday, February 12th**

Back by popular demand, we are going to brave another lazer tag adventure, followed by dinner at the Cabo Bob's Burritos. Out of this world!

**Departure: 3:45p
Returning: 7p
Cost: \$9
Trip Limit: 22
Extra Expense: Purchase of dinner
Activity Level: High**



Be sure to check our Facebook page for photos from our many trips and activities!

www.facebook.com/austinparkseniors

VISUAL, LITERARY & PERFORMING ARTS

Knitting & Crocheting

Tuesdays 9-11a

Bring what you are working on.
Share ideas, skills and learn.
Participants are willing to teach
beginners wanting to learn!

Ceramics Circle

Wednesdays 9-11a

Bring your ceramic project
and join other ceramics
enthusiasts as you work.

Oil Painters

Thursdays 8a-4p

Come in and share
your creativity with other
painters!

Writing the Stories of Your Life

Wednesdays,

January 8th – February 12th
9:45-11:15a

Your memories are your
real family treasures! Have fun
learning techniques for retrieving,
writing and polishing your memories, so
that you can assemble them into your
life story.

Contact instructor in advance
for information & availability.

Fee: \$42 (6 Sessions)

Instructor: Rosalind Bond
(512) 441-3014



Wednesday Painters

Wednesdays 1-3:30p

If you use pastels, oils, acrylics, etc.,
bring your supplies and enjoy the fun.

Honey Bee Quilters

Thursdays, January 2nd & 16th
9a-2p

The Honey Bees invite
anyone interested in quilting
join their monthly meetings.

Contact: Judith Walpole
(512) 297-2424

Let's Sing-a-Long

Wednesday,

January 22nd & 29th
12:15-1:30p

Bring your instrument and your singing
voice. Celebrate the gift of song!

Readin', Ritin', & Recitin'

Wednesday, January 8th, 22nd, &
29th
2-3p

Come join in the fun, whether you write
or just want to listen.

RECREATION AND GAMES



Bingo Wednesdays, January 22nd & 29th 1-3p and every
Friday 9-11am

25¢ per card - 8 card limit

Chess Club Mondays 10a-12p and Fridays 10a-12p

All levels - New players welcome!

Domino Play

There is usually a game of 42, 84 or Chicken Foot
played throughout the day.

Mahjong Tuesdays and Fridays 12:30-3p Join in on the classic game!

Recreation Room Complete with treadmills, recumbent bikes, an
elliptical and pool tables. Available for daily use unless posted.

AND MORE

BIBLE STUDY

Mondays 1-3p

Join us for reflection and study
led by the Rev.
All are welcome.

FREE

INTRODUCTION TO SPANISH CONVERSATION

Tuesdays 12:30-2p

Want to know more about the Spanish
language? This program will introduce
to you the alphabet and basic phrases.

Bring: notebook, pen/pencil and a
Spanish dictionary (optional). **FREE**
Instructors: Jose and Bertha Cruz

Meet new friends while eating a hot, nutritious lunch every day at SASAC. A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

CONGREGATE MEAL REGISTRATION REQUIRED

Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **9:30a** each morning.


Tickets distributed equal the number of meals ordered for that day.

Lunch is served daily **11:30a-12p** with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60**, the cost of the meal is \$5.39.

Due to the unavailability of certain items, substitutions are occasionally made.

JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>** Milk is served at every Meal.</p>		<p>1</p> <p>Closed for New Year's Day</p>	<p>2</p> <p>Chili with Beans Oven Roasted Potatoes Green Beans with Onions Saltine Crackers Strawberry Swirl Pudding</p>	<p>3</p> <p>Fish Nuggets Corn O'Brien Cabbage with Carrots Wheat Bread Fresh Fruit Tartar Sauce</p>
<p>6</p> <p>Mozzarella Chicken Patty Lemon Herb Pasta Spinach Wheat Bread Fresh Fruit</p>	<p>7</p> <p>Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Pineapple Tidbits Mustard and Catsup</p>	<p>8</p> <p>Turkey Noodle Casserole Herbed Green Beans Rosemary Carrots Wheat Bread Fruited Orange Gelatin</p>	<p>9</p> <p>Lemon Pepper Chicken Breast Stewed Tomatoes Broccoli Cornbread Fresh Banana</p>	<p>10</p> <p>Bean and Cheese Burrito Queso Sauce Confetti Brown Rice Capri Vegetables Tortilla Chips Fresh Fruit</p>
<p>13</p> <p>Country Fried Steak Country Gravy Whipped Potatoes Broccoli & Cauliflower Wheat Bread Fresh Fruit</p>	<p>14</p> <p>Tim Andrew's BBQ Pork Rib Patty Ranch Beans Dilled Carrots Wheat Bread Fresh Fruit</p>	<p>15</p> <p>Turkey Taco Meat Lettuce & Tomato Spanish Brown Rice Wheat Tortilla Peach Crisp Taco Sauce</p>	<p>16</p> <p>Chicken Salad Three Bean Salad Cucumber Salad Saltine Crackers Fresh Fruit</p>	<p>17</p> <p>Fish Nuggets Macaroni & Cheese Mediterranean Vegetables Wheat Bread Fresh Banana</p>
<p>20</p>  <p>Closed for Martin Luther King, Jr Day</p>	<p>21</p> <p>Beef Spaghetti Casserole Green Beans with Onions Sliced Carrots Wheat Bread Fresh Fruit</p>	<p>22</p> <p>Oven Fried Chicken Thigh Mashed Spiced Yams Broccoli Wheat Bread Diced Pears</p>	<p>23</p> <p>Turkey Breast with Gravy Tossed Salad Lemon Orzo Wheat Bread Mixed Fruit Crisp Lite Ranch Dressing</p>	<p>24</p> <p>Ron Lantz' Meatloaf Tomato Gravy Whipped Potatoes with Skin Mixed Vegetables Wheat Bread Fresh Fruit</p>
<p>27</p> <p>Grilled Port Patty Brown Gravy Delmonico Potatoes Squash, Zucchini & Tomatoes Wheat Bread Fresh Fruit</p>	<p>28</p> <p>Smoked Turkey Sausage Baked Beans Confetti Coleslaw Hot Dog Bun Hot Sliced Peaches Mustard</p>	<p>29</p> <p>Charlene's Tuna Salad Pasta Salad Beet Salad Saltine Crackers Fresh Fruit</p>	<p>30</p> <p>Salisbury Beef Onion Gravy Brown Rice Mixed Greens Cornbread Vanilla Pudding</p>	<p>31</p> <p>Cheesy Macaroni Italian Vegetables Stewed Tomatoes Dinner Roll Fresh Fruit</p>

Austin City Council

Lee Leffingwell, Mayor
Sheryl Cole, Mayor Pro Tem
Chris Riley, Place 1
Mike Martinez, Place 2
Kathie Tovo, Place 3
Laura Morrison, Place 4
Bill Spelman, Place 5

Austin Parks and Recreation

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Jesse Vargas, Assistant Director
Cora D. Wright, Assistant Director
Tom Nelson, Division Manager - CPD
Tiffany M. Cabin, Seniors Program Manager

SASAC Advisory Board 2013

Kitti Greenough, President
Shirley Masterson, Vice President
Vacant, Secretary
Janice Ootsey, Treasurer
Dorothy Barnett
Iola Canady
Cathy Crossland
Leigh Emrich
Joyce Slagle
Jane Warren
Bill Williams



City Manager

Marc Ott, City Manager
Michael McDonald, Deputy City Manager
Rey Arellano, Assistant City Manager
Bert Lumbreras, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Anthony Snipes, Assistant City Manager
Ray Baray, Acting Chief of Staff

Parks Board

Jane Rivera, Chair
Jeff Francell, Vice Chair
William Abell, Board Member
Susana Almanza, Board Member
Dale Glover, Board Member
Lynn Osgood, Board Member
Susan Roth, Board Member

SASAC Staff

Angela Niemiec, CPRP/CTRS, Programs Supervisor
Lynnette Lara, Programs Specialist
West Baxter, MSRLS, Programs Specialist
Datron Plummer, Building & Grounds Assistant
Kelsey Waite, Administrative Associate

MISSION The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.